CHHOTI CHHOTI BATEIN

OCTOBER 2000 VOL.2 NO. 7

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TRY

'Tis better to have tried in vain,
Sincerely striving for a goal,
Than to have lived upon the plain
An idle and a timid soul.

'Tis better to have fought and spent
Your courage missing all applause,
Than to have lived in smug content
And never ventured for a cause.

For he who tries and fails may be
The founder of a better day;
Though never his the victory,
From him shall others learn the way.

Edgar A. Guest

Publisher / Printer	:	Shoaib S. Ranalvi Tara Mahal,5th Road, Khar (W), Mumbai - 400 052
Owner's Name	:	Source Publishers Pvt Ltd
Printing Press	:	Jagruti Printing Press Trimurti, 91-C Tatya Gharpure Path, Girgaum, Mumbai - 400004
Compiled by	:	Shoaib S. Ranalvi

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FAMILY PICTURE

While thumbing through the family pictures, I remembered a story a friend, Dan, told me. His daughter's teacher requested a parent teacher conference with him. His wife usually took care of those conferences, but the teacher wanted to see him, not his wife.

At her insistence, he made an appointment to drop by the school in the afternoon. 'I wanted you to see this drawing your daughter made of your family,' she said.

Dan looked at the drawing and asked, 'Where am I?'

'That's why I called you down here today, I asked your daughter the same question and she said you're never home so she left you out of the picture.'

A Mike Tyson punch couldn't hurt any more than her words. Dan made some radical changes in his behaviour and found that he could do his job and be a good father at the same time. *Are you in the picture with your family? Or are you too busy?*

Dr. James L. Wilson

NEVER WAIT TO THANK

For a long time, every Sunday in church the pastor would say, 'Keep Gloria Beck in your prayers.' She was an older member of the church that was suffering from cancer. I got sort of used to hearing about her, and didn't think about her too much.

Until one day, I was sitting by a friend in church, and she told me that she had gone to see Gloria in the hospital. She wasn't doing well at all and she had asked her to just hold her hand. I thought about Gloria all day, and I prayed for her that night. I thought of what I could tell her if I went to see her. She had been my computer teacher in grade school. I clearly remember her calm voice and gentle hands. She was a great teacher.

I made it a promise to myself to go and see her. But then the week started and I got busy with school and practice. Pretty soon I was back in church the next Sunday. Only this time the pastor said sorrowfully that Gloria Beck had died the day before. My heart sank. If only I would have spent 10

minutes of my day to tell her how much she meant to me, but it was to late now.

I learned a very valuable lesson that day. Never wait to thank. Please, take the time to thank the people who have made a difference in your life. No matter how small.

FIND A RELEASE

Open your eyes. What do you see? Do you see crowds of people walking around? Do you look at bored and angry faces?

Or do you notice the person that is smiling at you? Look again. Look at the trees waving to you in greeting.

Concentrate now on your hearing. What do you hear? Traffic? The latest gossip? People talking on cellular phones? People cursing and swearing?

Or do you hear the songs of praise the birds sing for you during the day, or the lullaby insects orchestrate for you in the night?

Now smell the air. What do you smell? Exhausts?

Odours you feel are repulsive?

Concentrate this time. You may smell the fragrance of the perfect blossom.

Focus attention on your skin. Do you feel the heat? The humidity?

Don't you also notice the breeze that is gently trying to cool you? Or the warmth that the sun is wrapping around you in a gentle embrace.

Look within you. Notice the warmth that is circulating through your body and feel your heart beat with life.

There is always comfort around us and within us, if we know how to look for it.

There are too many distractions in our environment. Focus your senses in the correct way and you will find a release.

K.C. Leong

FRIENDLINESS

"What shall I do to love my neighbour?"

"Stop hating yourself."

The disciple pondered those words long and seriously and came back to say, "But I love myself too much, for I am selfish and self-centred. How do I get rid of that?"

"Be friendly to yourself and your self will be contented and it will set you free to love your neighbour."

Anthony de Mello, S.J.

'In Chhoti Chhoti Batein we found G.G.B.
"गहरी गहरी बातें" ("Gahri Gahri Batein")
- Dr. B.M. Raturi M.D. Jaipur

KITCHEN TIPS

1. Coconuts will break evenly if you soak them in water for a few seconds before breaking them.
2. Green peas will remain fresh for long if you boil them in water for two to three minutes. Fill a large flat tray with ice cubes and spread the peas over. Let them cool for 20 minutes or so. Dry and seal the peas in a polyethylene bag and refrigerate.
3. Soak lentils in enough water. Drain out the water the next day and place the bowl in a casserole. The lentils will sprout the next day. Keep them longer in the casserole for better results.
4. Add a few pieces of cinnamon sticks to the water while boiling prawns or any other fish. This will prevent the fish smell from spreading around.
5. Almonds will remain fresh for years if you add three to four tablespoons of sugar to one kg. Almonds and store in an airtight container.
6. Add a pinch of raw rice to table salt to prevent it from getting soggy.

Beggar: 'Could you give me fifty rupees for a cup of tea?'

Man: 'What! Fifty rupees for a cup of tea!'

Beggar: 'Just say 'yes' or 'no'. Don't comment on how I run my business.

'THE REFLECTION

The good you find in others is in you too.
The faults you find in others, are your faults as well.
After all, to recognise something you must know it.
The possibilities you see in others are possible for you as well.
The beauty you see around you, is your beauty.
The world around you is a reflection, a mirror showing you the person you are.
What you see in others shows you to yourself.
See the best in others, and you will be your best.
Give to others, and you give to yourself.
Show your best face to the mirror, and you'll be happy with the face looking back at you.

Author Unknown

HUMOUR

Judge: 'Haven't I seen you in this court before?'

Beggar: 'No, your honor, said the accused, 'but I once saw a painting of a Rajasthani prince and he looked just like you.'

Judge: 'Case dismissed.'

OTHERS AT THEIR BEST

There was a family whose dog that gave birth to twelve puppies. They ran an ad in the newspaper when the puppies were old enough to be given away. The ad said,

"Free to a good home. Adorable puppies."

After several weeks, only a few of the puppies had been given away. So, they tried a different tactic. They ran a second ad that said,

"Free to a good home. One very ugly puppy and eight pretty ones."

In two days, they gave away the ugly puppy nine times. Have you noticed that the world is full of caring people, always ready to assist the underdog? When we view people as naturally helpful, they often live up to our expectations.

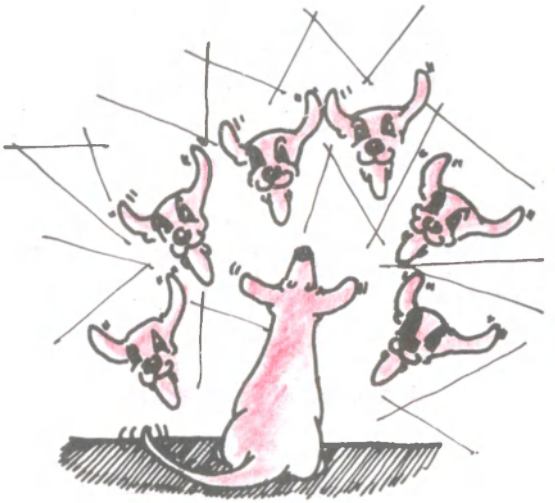
HEALTH FILE

EXERCISE IN YOUR DAILY CHORES

1. When you get up in the morning, take a few relaxed breaths, roll over on the side and get up slowly, on your toes, stretch completely.
2. Brushing your teeth, make sure your hand is firm, body erect in a firm position. Make all the facial expressions you can, it relaxes your tense nerves.
3. Sit up straight, don't slouch.
4. When walking slow or fast, tuck your abdomen in, breathe gently, keep your hands firm your shoulders relaxed and chin straight.
5. When getting an object off the shelf, stand on your toes, stretch your whole body upward with your arms stretched out fully to reach the object, breathe normally.
6. When picking up an object from the floor, squat on your toes, lift the object and return to a standing position on your toes.
7. When descending a flight of stairs, hold your body firm and erect. Do not jerk your chest or bust.
8. When ascending the stairs, climb on your toes with your body erect and firm and abdomen pulled in.
9. When standing and chatting on your feet, keep going up and down on your toes.
10. Run or walk briskly to open the door when the doorbell rings.

The most important thing is to make all this a part of your day-to-day routine.

THE HOUSE OF 1000 MIRRORS



Long ago in a small, far away village, there was place known as the House of 1000 Mirrors. A small, happy little dog learned of this place and decided to visit. When he arrived, he bounced happily up the stairs to the doorway of the house. He looked through the doorway with his ears lifted high and his tail wagging as fast as it could. To his great surprise, he found himself staring at 1000 other happy little dogs with their tails wagging just as fast as his. He smiled a great smile, and was answered with 1000 great smiles just as warm and friendly. As he left the House, he thought to himself, "This is a wonderful place. I will come back and visit it often."

In this same village, another little dog, who was not quite as happy as the first one, decided to visit the house. He slowly climbed the stairs and hung his head low as he looked into the door. When he saw the 1000 unfriendly looking dogs staring back at him, he growled at them and was horrified to see 1000 little dogs growling back at him. As he left, he thought to himself, "That is a horrible place, and I will never come back here again."

All the faces in the world are mirrors. What kind of reflections do you see in the faces of the people you meet?

A FAMOUS FATHER

He isn't a world leader or a famous doctor or a war hero or a sports figure. He is no business tycoon, and you will never see his name in the financial pages. But he is one of the greatest men who has ever lived. He is my father.

I guess you might say he is a person who is never interested in getting credit or receiving honours. He does ordinary things like paying bills on time, going to the temple or serving as a member of the PTA.

He helps his children with their homework and drives his wife to do the grocery shopping. He gets a great kick out of taking his teenagers and their friends to the cinema.

I am thankful that God let me have my father.

Author Unknown

BELIEFS ABOUT HEALTH

MYTH AND REALITY

Myth No.1: Eating of excessive mangoes and cucumbers in summer causes heat boils and pimples on the skin.

Reality No.1: Heat boils and excessive temperatures cause pimples. Lack of hygiene and faulty metabolism of the body as well. In some cases, it can also be due to specific allergies.

Myth No.2: Pregnant women should not eat berries and black grapes because the child may be born dark-skinned or unwell. She should be eating coconuts instead.

Reality No.2: The complexion of the new-born is always dependent on the genes and chromosomes of the parents and not on the food intake of the mother.

Myth No.3: Eating curds and fish together causes white spots on the skin.

Reality No.3: Doi Macch is a very special dish from Bengal. If this were true, everyone in Bengal would be moving around with white spots on their bodies.

Myth No.4: Drinking lime/orange juice when one has a cold is not good. Many other warm drinks are recommended.

Reality No.4: Warm drinks are good because they are soothing but they don't treat the virus of the cold. Vitamin C intake should be increased when one has a cold. In fact, drinking lime/orange juice helps.

Myth No.5: Do not take water after eating a banana or a guava, it causes a cough or stomach-ache.

Reality No.5: A cough is always caused by an infection of a virus. Similarly a stomach-ache is the symptom of some digestive problem, which should be treated medically by a qualified doctor. Drinking of water after eating the fruit has nothing to do with it.

DOUBLE TIME!

Les Brown, a noted inspirational speaker, tells the story of one of his friends, a salesman, who was in financial trouble because sales were down. Les asked him, "How many phone calls are you making a day?" His friend answered,

"Twenty five."

Les didn't hesitate with his advice. "Double them," he said. "Make fifty. Or seventy-five. Or one hundred."

The salesman answered, "Oh! That's too much."

"Too much!" replied Les. "You tell me that you are behind on your bills and then you say it's too much. How can you say anything is too much when you have everything at stake?"

The advice Les Brown gave his friend needs to be heard by people everywhere. It's amazing what we can do when we're "hungry" for success. Most people who say, "I've tried," haven't scratched the surface of their potential.

Today, why not make a commitment to achieve your personal best? -Neil Eskelin

FINDING COPPER PENNIES

There was a small boy who when walking down the street one day found a bright copper penny. He was so excited that he found money and it didn't cost him anything. This experience led him to spend the rest of his days walking with his head down; eyes wide open, looking for treasure.

During his lifetime he found 296 pennies, 48 nickels, 19 dimes, 16 quarters, 2 half-dollars and one crinkled dollar bill. A total of $13.96.

He got money for nothing. Except that he missed the breathless beauty of 31,369 sunsets, the colourful splendour of 157 rainbows, the fiery beauty of hundreds of maples nipped by autumn's drifting across blue skies, shifting into various wondrous formations. Birds flying sun shining, and the smiles of a thousand passing people are not a part of his memory.

Who do you know that is living like this? Head is bent down, burdened with trivial things, afraid of pain and criticism and fear of things that never happen hoping to find that copper penny...for nothing.

Author Unknown

BUSY

Once upon a time a very strong woodcutter ask for a job to a timber merchant, and he got it. The pay was really good and so were the work conditions. For that reason, the woodcutter was determined to do his best.

His boss gave him an axe and showed him the area where he was supposed to work.

The first day, the woodcutter brought 18 trees

"Congratulations," the boss said. "Go on that way!"

Very motivated for the boss' words, the woodcutter try harder the next day, but he could only could bring 15 trees. The third day he tries even harder, but he only could bring 10 trees. Day after day he was bringing less and less trees.

"I must be losing my strength", the woodcutter thought. He went to the boss and apologised, saying that he could not understand what was going on.

"When was the last time you sharpened your axe?" the boss asked.

"Sharpen? I had no time to sharpen my axe. I have been very busy trying to cut trees..."

Stephen Covey(7 Habits of Highly Effective People)

NEWS: TO LEAD A BETTER LIFE

SUPPRESSED EMOTIONS IN RELATIONS

Suppression of emotions is one of the most common defence mechanisms used by people in relationships. It is also one that is most likely to backfire on the relationship after some years. Suppression is a conscious choice not to indulge a particular thought feeling or action by deciding neither to dwell on it internally nor to express it externally. Anger, resentment, indignation, even sadness can be suppressed in order to prevent rocking the boat of a relationship. Immediately, that is.

Suppressed emotions often come out in the form of somatic disorders – showing up as aches and pains, breathing problems, palpitation, hypertension, dizziness, and even skin or hair problems.

Negative emotions are usually suppressed in the hope that things will change. But when realisation dawns after some years that change is unlikely, the emotions are brought out in the open. This results either in a sudden break-up or in psychosomatic diseases or even in an extramarital affair.

There is also medical evidence to prove that snappiness and irritation form the flip side of the coin of suppression. For, pent-up emotions release toxins in the body, which work physically at lowering the tolerance level of the individual,making him/her prone to irritability.

So what is the alternative to using suppression as a defence mechanism in daily life? Talking things out.

Piali Banerjee (Sunday Review, August 27.8.2000)

RIGHT ATTITUDE TO EXERCISE

More and more time is spent in sedentary jobs for most of us. Yet we tend to avoid exercise and justify it. Fill out the personal profile below. Reading your own answers will give you some insights into your knowledge of and attitude towards exercise.

1. How many hours a day do you work?
2. How many hours per day are you basically sitting at work?
3. How many flights of stairs do you climb in an average week?
4. How many kilometres do you walk in an average week?
5. How many hours or minutes in the day do you have that are yours? What do you do during this time? (Read, watch television, knit, exercise)
6. Do you find physical activities interesting? (Be honest)

Now try to attain some of the following goals for yourself over the next 3 – 4 weeks.

FIND TIME

Most of us can easily find gaps of 30 – 40 minutes in our day, where we can squeeze in some light stretches, or go for a rejuvenating walk. The time is there. We just have to evaluate our schedule and find it.

ELIMINATE OBSTACLES

'I need to relax when I get home. Going for a run would be ridiculous.'

'What do you mean get up early for exercise. I barely get enough sleep!'

To the people making these statements, the obstacles they list are real and seemingly insurmountable. But when they try, they often find out later that taking a brisk walk or a leisurely jog will leave them more relaxed, than sitting down with a drink or the evening paper.

LIFESTYLE MODIFICATIONS

To modify your lifestyle you must first identify those thoughts, feelings, and behavioural patterns that contribute to habits of overeating and under-exercising. Then replace them with new, positive ones. There are four techniques to achieve this – Monitor, Manage, Control and Compare.

- Monitor food and activity levels. Keep a diary. It can teach you a lot about your habits and how you can change.

- Compare yourself – with yourself. It is important to create a realistic view of your body. Never compare yourself with others. Find activities you will enjoy to help you achieve your goal.

A WAY TO WORLD PEACE

Non-violence is not only the absence of violence but also the lack of fear and the presence of an all-embracing love for humanity. Non-violence is reaching out to others while transcending the barriers of caste, creed, religion, sex, faction and even species. It is an independent state of consciousness. Our physical, emotional and intellectual states of being limit us. They choke us, degrade us and make us unhappy. The absence of fetters or chains is non-violence.

Removing ignorance is the first step towards building a world movement for non-violence. True knowledge consists of self-understanding and self-control. Non-violence is the highest form of knowledge since it harmonises one's relations with others.

Non-violence is, in short, freedom from the past, from history, from memory. It is freedom from all that, which suffocates, chokes, distresses and disturbs. Therefore, whatever can be subdued by opposites is not free; whatever is not free cannot be non-violent. I cannot be sensitive to another person's plight if I remain a prisoner of the human drama being played out by opposites.

It is fashionable in the West to think of non-violence as a powerless tool. This is a misunderstanding. Non-violence is a way of life and a theory of an ideal society. One who believes in non-violence resists and counters violence by being uninfluenced by it. Non-violence absorbs the recurrence of violence. It is an expansive love and concern for all living and non-living beings. Remorse and bitterness are not part of the agenda of non-violence.

Mrs Indu Jain

LENS CRAFTERS IN THE LAB

Two teams have found a way to bioengineer the cornea—the thin layer of cells covering the eye like a pane of glass.

If our eyes are a window to the soul, then our corneas are the panes of glass in that window. All light entering the eye must first pass through these thin, clear films of epithelial tissue. Unfortunately, like a sheet of glass, the cornea is somewhat fragile; it can become cracked or clouded by way of disease or injury, in which case vision loss is usually inevitable. Making matters worse, standard treatment—a corneal transplant—typically fails.

Now, however, researchers have developed techniques to substitute fresh, bioengineered tissue for damaged corneas—in essence, methods for replacing the window glass. In two papers published this month, two separate teams report having restored or improved vision in a number

of patients whose corneal damage had previously been considered untreatable. Although the groups used slightly different approaches, they met with similar success rates. And they were successful enough that, after skin and cartilage, corneas may well become the third type of bioengineered replacement tissue available in the clinic.

BETTER LIVING CUTS WOMEN'S HEART DISEASE

Healthier habits rather than better medicine may account for most of the dramatic drop in heart disease among U.S. women over the past two decades, a long-running study of nurses suggests.

The findings emerged from the Nurses Health Study, which found that the incidence of heart disease among the more than 80,000 participants dropped by nearly a third from 1980 to 1994.

Researchers at Harvard's medical and public health schools also examined some of the factors that contributed to the drop and concluded that two-thirds of that decline was explained by the nurses eating healthier diets and not smoking - the two biggest factors - plus some benefit from the big increase in the use of estrogen after menopause.

A KING FOR FRANCE

France has not had a king for more than 200 years and the last one came to a bad end. But Lance Amstrong, a survivor, received a welcome fit for royalty as he cruised to victory in the Tour de France. Armstrong won the world's premier bicycling race for the second consecutive year, and that was not his only accomplishment.

In part because of his near-miraculous recovery from cancer three years ago and his determined return to cycling, Armstrong has helped restore credibility to a game that had been plagued by drug scandals. When Armstrong won his trophy, he lifted his baby son Luke, who was born after last year's Tour, high to show spectators. The child was conceived in-vitro with sperm frozen before Armstrong now 28, began chemotherapy for testicular cancer in 1996.

THE GOAT AND THE GOATHERD

A Goatherd had sought to bring back a stray goat to his flock. He whistled and sounded his horn in vain; the straggler paid no attention to the summons. At last the Goatherd threw a stone and broke its horn, as he did so.

He begged the Goat not to tell his master.

The Goat replied, "Why, you silly fellow, the horn will speak though I'll be silent."

Do not attempt to hide things that cannot be hid.

Aesop's Fables

RNP 70570/99
TECH/47-27/MBI/2000

LET GO AND LET GOD

As children bring their broken toys,
with tears for us to mend,
I brought my broken dreams to God,
because He is my friend.
But, then instead of leaving Him,
in peace to work alone,
I hung around and tried to help,
with ways that were my own.
At last, I snatched them back again
and cried, "How can you be so slow?"
"My child." He said, "What could I do?
You never did let go." - Author Unknown

SOURCE PUBLISHERS PVT. LTD.
Tara Mahal, 5th Road, Khar (W), Mumbai - 400052
Tel.: 6001558/6465741/6057186 Fax: 6002060